I-RECOVERY KERNEL

UKUQEDELWA KWEMINYE YAMATHENDA: 3-MMC

3-Methylmethcathinone (Metaphedrone) — Ukugcwaliswa okuphindaphindiwe, isimo sezokuxhumana ngokusebenzisa izidakamizwa, kanye nokusetshenziswa kwezidakamizwa eziningi.

Incwadi etholakala ngoba ukudla kakhulu, hhayi ukwecela, yindawo lapho ingozi enkulu kunayo yonke.

⚠ UMTHOMBO WOKUNCIPHISA UBULIMAZI - AKUYONALO UKWELAPHO LWEMIDLALO | Inkinga: shayela u-112 noma uthume umlayezo ku-0800 567 567.

Ukwehliswa kwe-3-MMC, ngokwayo, kuncane kakhulu uma kuqhathaniswa nalokho okungaba yingozi kakhulu ekuyekeni. Okungenzeka ukuba nguyingozi empelweni kuyindlela yokusebenzisa—isikhathi esifushane sokusebenza esenza ukuthi kufakwe futhi futhi ngemizuzu engama-30 kuya kwangama-60, ngezinye izikhathi amahora amaningi, okubangelwa ukukhuluphala kwezinhliziyo kanye nokungabi nendawo yokuyeka ngokwemvelo. Lo mbukiso uhlelelwe ngalokhu: ukuqiniseka kokuthi uyeke ngokuphepha ekugcineni kwalesi sikhathi sokusebenzisa, ukuqonda ukuthi yini okwenzekayo ngemuva kwalokho, futhi—ngoba ukusetshenziswa kwe-3-MMC kusetshenziswa kanye nezinye izinto—ukuqiniseka kokuthi uyazi konke mayelana nokuhlanganiswa kwalezi zinto.

Isigaba 0 — Ukuphepha Okubukhoma: Funda Lokhu Kuqala.

⛔ ISIVIMBAMBE SEZOKUDLALWA KWEZEMPILO

UMA UMDLELA NGESINTO ESIKHULU KANYE NANOMA USUSEMQOKA, QAPHE: UBUTHUPHUNGULWE, UKUSHINTSHA KWENTHLIZI OKUQALILE, ITEMPERATURE YOMBUZI ELINGOKUBA LIPHALA KAKHULU, IMIBHAMBI, UKUDLALA NGESIKHATHI ESIYINGENILE, NOMA UKUTHIWA. LOKHU KUBUKELA UBUTHUPHUNGULWE OBUMIYALUKO—UBUNGOBO BOKUQINISEKA KWEKHADINI NAMAGXILI. SHAYELA 112. INGXELENGE YOBUFUNFU IYANDIZA NGALEYO MHOLO, AKUKHO NGAPHANDLE KWENHLANGANISWA YOKUGQALA.

⛔ ISIVIMBAMBE SEZOKUDLALWA KWEZEMPILO

UMA KUSETJWISWA AMA-OPIOID kanye ne-3-MMC (KUNEMINYAKO YEFASHELA LAPHO AMA-OPIOID ANGANGUSETSHWE UKUQEDA), QAPHALA UKUNGATHI, UKUPHILA KANJE NGOKUQHUBEKA, NENHLANGANISWA EMNGWAMENI. LONA UMBANDULO WE-OPIOID. PHATHE AMA-NALOXONE uma kutholakala futhi shayela u-112 ngokushesha. INANINGA YEZIFO ZABASHINI EZIBHALWE EHULUMENI EBUTHATHWA NGOMTHWALA EHLANGANISWE NE-3-MMC, KUFAKWA IZINYE IZINTO, KUNALOKHO AMA-OPIOID NEZINSIZI EZINYE.

⚠ UKHULUMENI

Lo mcayizo ngeke uhlinzeke ngeshejuli yokunciphisa kancane ekuhlweni, imiyalelo mayelana nokufaka kabusha (redosing), noma noma yimiphi imiyalelo mayelana nokusetshenziswa kwe-3-MMC. Ngenxa yokuthi ingozi yalolu felishi iyanda ngokuyisikhathi futhi ihlobene nezikhathi zokusetshenziswa kunokuba nezinga eliyinqunyiwe, akukho ndlela enobuhlakani

ngayo yokunikeza "ishayeli" yokufaka kabusha (redosing) — noma yimuphi umbhalo onjalo uzoholela ekuguquzelweni kwegeva engokwemvelo. Okuleli khasi liyakunikeza okungenhla, kuyindlela yokuthi ungasinda kanjani ekugcineni kwesikhathi eside sokusetshenziswa futhi wakhe ukwakhiwa kwezokwelapha nokwesekayo okunenza ukuyeka kube yinto engokwemvelo.

Ingxenye 1 — Ukuthi kungani le ndlela yokuyeka ehlanganiswe ngokubinge, hhayi ngophawu olulodwa kuphela.

I-CENTURION - Ukuhlehlisa Iseshini Kubanga Ukuthi Kube Yinto Ebukeka Kunzima.

I-plasma half-life ye-3-MMC ingaphansi kwehora, kanti imiphumela ingaqala ukuyeka ngemizuzu engama-30 kuya kwangama-60 ngemuva kokutholwa. Le ndlela eshesha kangaka yiyona eyenza leli fomu libe ithandwa ngemva kokuthi i-mephedrone yenziwe ukungasetshenziswa, futhi iyiyona kanye eyenza ukuthi umhlahlandlela wayo wokuyeka kudingeke ube nguhlobo olunzayo kunamanye amaphakheji kulolu chungechunge. Kuncane ithuba lokuba khona kwesikhathi esisodwa "okugcina ukutholwa, manje ulinde" njengoba kuyinto ngezindlela eziningi ze-stimulant ezihlala isikhathi eside. Kunendlela eqhubeka ngokuzayo, ngokuphindaphindiwe, kuze kube yiphi into—ukuthembeka, ukugijima kwempahla, umqulu, noma kwezimo eziyinkimbinkimbi kakhulu. isiganeko sezokwelapha - yiphetha.

Kungakho ikhono eliyinhloko kakhulu yokuyeka ukusetshenziswa kwe-3-MMC akukona ukuphatha ukwehluka ngemuva kokuba sekuyekile. Kunokuthi, kwenziwa uhlelo oluqinile kusengaphambili mayelana nokuthi iseshini iyaphela kanjani—ukuthi ubatshele bani, yini okufanele uyisuse endaweni lapho ingatholakala khona, nokuthi yini okwenzekayo ngohora othize uma umfutiso wokugaya kuyakhulu. Ingxenye yesi-6 kanye ne-"craving interrupt" ehlwini elihambisanayo le-"Recovery Guide" zikhuluma ngalokhu ngokuqondile.

Izingxenye ezingu-2 - Isikhathi Sokukhipha.

Fezu.	Iwindo ejwayelekile.	Kuyini okwenzekayo?
Ukulimala okukhulu.	Amahora angemva kokugcina ukuthatwa kwedosi ngesikhathi sokudla okuningi.	Ukukhuluphala okumandla, ukuba nesimo sengqondo esibi, futhi ezikhathini eziningi ukujwayela ukutakazelwa okuqinile okukufisela ukuthi uthathe isidakamizwa futhi. Lesi yithuba eliphezulu kakhulu lokuthi ukuphuza-phuza kuqhubeke esikhundleni sokuyeka.
Ukutshekelwa kusenesikhathi.	Usuku lama-1 kuya kwangu-5.	Ukungqubuzana, ukukhathazeka, ukuphazamiseka kokulala, ushintsho kwezindlela zokudlela; izimpawu ezihlobene nomjikelezo (ukushwashwa, ukunyuka kakhulu komthamo wentshisi) zingahlala izinsuku ezimbili ngemuva kokuthenga okukhulu futhi kufanele uthole usizo

Fezu.	Iwindo ejwayelekile.	Kuyini okwenzekayo?
		lwezokwelapha uma azinqi.
Ukuzinza.	Izingxenye ezingu-1–4.	Ukulala kanye nokudla kuhluka kancane futhi buyabuyela esimweni esijwayelekile.
PAWS	Ngezi Nyanga 1 kuya kweziyi-6.	Umlomo omkhulu kanye nokunambitheka okukhulu, okuvamile ukuthi kuhlanganiswa nezinto ezikhuthazayo ezihlobene namasiguli noma abantu/izindawo ahlobene nazo.

Izingxenye ezingu-3 — Kuthatha Isikhathi Esingakanani Ukuthi Izinto Zibuyele Ejwayelekile?

Ngezikhathi ezimbalwa, nezimpawu ezilukhuni kakhulu eziyisheshayo, izimpawu ziningeka izinsuku ezimbalwa kuphela. Kwizindlela zokuziphatha ezihlanganisiwe, isigaba esiyinhloko sokululama sivamise ukuba masonto amabili kuya kwangu-6 ngaphambi kokuthi imizwa nokulala kube njengoba kufanele, kanti izinkinga ezincane (PAWS) zingase ziqukuzeka ngezinyanga ezimbalwa. Uma ukusetshenziswa kwezinto eziyizulu noma ukuhlanganiswa kwezinto eziningi kuyingxenye yendaba (Isigaba 6), isikhathi esidingekayo siphinde sithinteke ngendlela lezo zinto zixazululwa—ukwelapha i-3-MMC ngokwayo uma kungengxenye yenkinga enkulu ingase ibangele ukuthi kulinganiswe ukuthi kunini okuzolandela ukuvuka okuphelele.

IZWA.

Uma ucezwe futhi izinsuku ezimbalwa zokuqala bezizwakile njengokubi kakhulu kunalokho obe elindele, lokhu kuhambisana nalokho okwenzeka lapho umthuli onamandla osheshayo usetshenziswa emzimbeni owususele ukudluliselwa ngokuphindaphindiwe njalo imizuzu embalwa amahora. Akuyona into efakazela ukuthi lokhu akusebenzi. Kuyinto "ukwehla" okubalulwe kulo mbizo 1.

Izingxenye ezingu-4 - Yini Okungenzeka Ubuwubone Kakhulu

[Ulwazi oluningi luyatholakala ku findahelpline.com]

- Ukushintsha okukhulu nesheshayo kunokunciphisa kancane—kuhambisana nalokho okwenzeka ngokushesha uma uthola u-3-MMC.
- Umfiso onamandla kakhulu wokuthatha idosi elisha emazini ayisikhathi esinyinginya ngemuva kokuyeka ukuthatha, okungcono kunomfihlo omude futhi ongokwesikhashana owavamile kwezinto ezithulekisa umzimba.
- Imiphumela engokwezifo yezinhliziyo ngemva kokutshala kakhulu (ukushaywa kwehliziyo, ukukhuluphala) ezingahlala izinsuku eziningi ngemuva kokuyekethiswa

kwedwa — yaziwa lezi zimpompo futhi uthole usizo lwezokwelapha esikhundleni sokuthi ucinge nje ukuthi ziyodlula.

- Uma ukusetshenziswa kwezidakamisa eziningi kwaba yingxenye yenqubo, ukukhuphuka kokuphumayo kwe-3-MMC kungase kube nzima ukuhlukanisela nokukhuphuka noma imiphumela yokwehla kwezinye izidakamisa ezisetshenziswa ngefayela elifanayo.

Isigaba 5 — Ukubambisana Kwezinto Ezingokwakhiwa Kwemvelo.

Ijini / Ukuguquka	Ngenxa yokuyekezwa.
DRD2 (Taq1A)	Abathintekayo kwe-allele A1 bangase bazizwe kakhulu izimpumela zokufaka kabusha umuthi, ngenxa yobunzima obuncane be-receptor (umthamo) ohlanganyelwa ukusebenza okufushane kwe-3-MMC.
COMT (Val158Met)	Kulawula uhlelo lokukhuphuka kwe-dopamine futhi lushinga ukuthi ubuchwepheshe bomvuzo wendalo obuyadingeka ngemuva kokululama buzakwazi ukunikeza—bheka iGidi Lokululama elihlobene, isigaba sesi-6.
MAOA (uVNTR)	Ijubane lokukhipha ama-monoamine elandelayo kungathinta ukuthi ngokushesha kangaki umphumela omubi uzoqala uma ukuphuza okukhulu kuphelile.

Isigaba 6 — Ukusetshenziswa Kwemithi Eningi kanye Nesimo Se-Chemsex.

Ukusebenzisa i-3-MMC ngokuvamile akuhambi ngokwehlukana. Ukuzwa ukuthi yini enye ejwayelekile kule ndlela eyodwa kuyashintsha lokho okudingekayo ukuze ukuyeka ngendlela ephephile.

6.1 — Ama-opioidi ('Speedballing')

⚠ ISIVUMENI SOKUDINGA UKUNAKAZWA KWEZEMPILO

IMIBHALO ENINGI KUNENE EFUNGISWA UKUDLULISA NGOKUQHUBEKA KWEMINYE IMIDLALO EBANDAKANYWE KU-3-MMC IBONISE UKUBHAPHAZWA KWENANI ELINGAPHEZU KOMHLABA, OKUVAMILE KUFANA NE-OPIOIDS. UKUXHUMANISA UMDLALO ONESIMULANSI NE-OPIOID BUVUZA IZIMPUMULO ZOMBANDLA, KUHOXISWE KUMPHUTHUMA WOKUGUQUKA KWEMINYE IMIDLALO. IMEKAKA YOMDLALO ONESIMULANSI INGAVALA UKUQAPHA KWEZIMPUMULO ZOKUGUQUKA KWENANI ELINGAPHEZU KOMHLABA, KUZE KUFUNEKE UKUTHATHWA KWAYO NJENGOBUNJALO. FUTHI, NAKHO OKUYINHLONGO YAKHO, THATHA I-NALOXONE, UNGENZI NGOKUHLELWE, FUTHI HLANGANISA LONA NJENGOBUZO OBALULEKILE KULOLO FUNDISO OLUQALA.

6.2 — I-GHB ne-Methamphetamine (Izindlela zokusebenzisa izidakamizwa kanye nezinto ezimangalayo)

I-3-MMC cisetshenziswa njalo ne-GHB kanye/noma nge-methamphetamine ezindaweni zokusebenzisa izidakamizwa. Isibambo ngasinye esengeziwe sinempilo yaso eyodwa yokukhipha nezinto zokuphepha, okungenayo kulolu hlu oluyisiqondiso. Uma lokhu kuchaza indlela yakho, funda imihlahlandlela ye-Recovery Kernel mayelana nokuyeka i-methamphetamine ne-GHB kuleli tsatshalalelo, kanye nalolu oluyisikhathi—ikakhulukazi i-GHB inengozi yokukhipha (efaka ukugqwala) edinga okufundwayo kwayo kwezokuphepha eziningi, efumanekayo kulo mhlahlandlela ngaphansi kwesigaba 0.

6.3 — Ukusetshenziswa Kwezinjini (Ukudluliselwa Kwemithombo).

Uma ukusetshenziswa kwe-3-MMC kwenziwe ngokutinywa, ukucekelwa kuleyo nto kufanele kubandakanywe uhlelo lokuhlola izifo ezithathelwayo ngogazi (HIV, hepatitis C) kanye nokuhlolwa kwamakhambi okuntwile, kungakapheli ukuthi indlela yokulungiswa yokusetshenziswa kwale nto ihlanzekile. Izinsizakalo zezempilo ezikhethekile zokusebenzisa izinto eziyingozi kanye nezindawo zokutshala amabhodlela emadolobheni amakhulu kunezinye izindawo, futhi zingaba yindlela yokuxhumana efanele ngaphambi kokuthi kukhulunywe ngendlela yokusetshenziswa kwale nto.

6.4 — Izimo ezikhona ngaphambilini zokukhathazeka kwehliso noma izinkinga zengqondo.

⚠ UKHULUMENI

Umlando womuntu siqu noma wemindeni wezinkinga zenhliziyo, ukucindezela kwamathambo okuphezulu, ubuhlungu bengqondo, noma ukukhubazeka kwengqondo kungashintsha kakhulu ukulinganisa ingozi ye-3-MMC, ngoba leli phuzu linomthelela ezinhliziyweni kanye nomoya. Uma lokhu kukuyinto, yazi ngqo kunoma iyiphi udokotela obandakanywe ekunakekelweni kwakho—kufanele kuthinte nokubaluleka kokuyeka kanye nokuthi ukuhlolwa kwezokwelapha okufanele kusebenze ngaso.

Isigaba 7 — Sebenzisa Ukuhlukaniswa Kwemiphumela.

Izinga.	Pattern	Lokhu umhlahlandlela uncoma yini?
1 — Okuhloliwe.	Ukusebenzisa okuthile kanye noma kabili kuphela, idosi eyodwa, futhi akukho iphathini yokusetshenziswa kakhulu.	Izahluko zombusulwa wezokwelapha ezikhulu kuleli Khithi Lokuvuselela ngokujwayelekile ziyanele; thinta udokotela uma kunempilo yenhliziyo ethile eyenzeke.
2 — Ukusetshenziswa kwephuzu ngazinye.	Ukusebenzisa ngesikhathi esithile, ngokuvamile ukutakazelwa okuncane.	Same as above, with attention to Section 6 if any co-used substances are part of the pattern
3 — Indlela ejwayelekile	Izikhathi ezihlanganisa ukutadwa okufushane	Kunconywa ukuthi odokotela bahlalele, ikakhulukazi ukuqinisekiswa kwezifo

Izinga.	Pattern	Lokhu umhlahlandlela uncoma yini?
yokuthanda kakhulu.	okuningi phakathi nezihla eziningana, okuphindaphindiwe.	zenhliziyo ngenxa yokukhuluphala okubangelwe yizinto eziningi.
4 — Ukusetshenziswa okuvamile kwezidakamizwa/ukusebenzisa izidakamizwa ngenjongo yobumnandi/ukuhlanganisa izidakamizwa eziningi.	Ukudla okuningi ngokushesha, okuvamile ukuthi kuhlanganiswe ne-GHB, i-methamphetamine, ama-opioids, noma ukusetshenziswa ngokufakelwa.	Ukugcinwa kwezokudokotela kunconywe kakhulu; hlazi imikhuba yokuphuza yonke, hhayi kuphela i-3-MMC - bheka uSigaba 6.

Isigaba 8 — Uhlelo Lokuhlanzwa Kwomzimba Lwemithi.

Akukho umuthi ogunyazwe yi-FDA ongasetshenziswa ekwelapheni ukususwa kwe-3-MMC noma ama-synthetic cathinone, futhi akukhona uhlelo olungamiselwe lokuhlanza okuthile oluqondene nalolu mkhiqizo. Ngokubhekisela kulezo zinkinga ezithintekayo ezingaba khona ngobunzima kwezinhliziyo ngenxa yokutshala izimpahla, ukuhlaziywa kobunjwa bezinhliziyo kuyindlela efanele yokuqala ngisho nangaphambi kokubhekana nohlelo lokusetshenziswa kwayo. Lokhu kubaluleke kakhulu uma kwenzeka ukuba khona kwezinkinga ezifana nokukhuluphala, ubuhlungu obuthombeni, noma ukunyuka okukhulu kakhulu komthamo wezigcawu.

⚠ UKHULUMENTE

Lo mdlalo ngeke uqondise ngezindlela ezithile zokunciphisa ithempi, noma ngamathuba okubuyisela idosi, noma ngemiyele yokusebenzisa 3-MMC, noma nanoma yimiphi imithi esetshenziselwa ukulawula ukuyekethiswa kwayo. Udokotela osebenza ngohlobo lwakho lokusetshenziswa, ububanzi bokuthanda, kanye nanoma yiziphi izinto ezisetshenziswe ngokuhambisana nayo, uyindlela efanele yokuthola ulwazi olunjalo oluneminingwane.

Yini ongayithatha kuleli nethiwekhi:

- Incazelo eqinile mayelana nomfuthi wesisheshi ojwayelekile, imizuzu yokutakula futhi indlela yokufaka umuthi.
- Noma yimiphi imikhiqizo esetshenziswa ndawonye, ikakhulukazi ama-opioids, eminye imikhulu yokugcizelela, i-GHB, noma utshwala.
- Yini enye ngemiphumela yezifo zokungcola oyibonile ngesikhathi noma ngemuva kokudla kakhulu, nakuba lezi zimpumela zingahlaziywa ngokwazo.
- Ngaphandle kokuthi ukusetshenziswa kwezinjini yingxenye yenqubo, ukuze kukhunyiswe ukuhlolwa kwe-BBV.

Isigaba 9 - Uhlelo Lokululama (Ngemuva Kokukhilimo).

Le ndima iqala ngemuva kokuxazululwa kwanoma yimuphi ukhulu lwezinkinga zezokwelapha (Ingxenye 0).

Izinga 1 — Isisekelo Sobuhle.

- 5-MTHF (i-folate esebenzayo) - isiza ukukhiqizwa kwamaminerali athile ezingeni elithile, okuyinto ebambezelelana nokuguquka kweminerali.
- I-magnesium glycinate - isiza ukulala kanye nokubuyela esimweni esihle kwezinhliziyo ngemuva kokugaya okukhulu.
- I-Omega-3 (i-EPA/i-DHA) - ukweseka umzimba ngokulwa nokuvuvukala kwengqondo kanye nokukhathazekiswa kwezinhliziyo, futhi ineprofayili yokuphepha esebalwe kahle.
- Ukugcinwa kwamanzi nomsebenzi wokuxhasa ama-electrolyte ezinsuku zokuqala - izindlela zokudla ezinobuthi zivamise ukubandakanya ukuntuleka kwamathambo, okwandisa ukukhoma kanye nokucindezela kwezinhliziyo.

Izinga lesi-2 - Ukwesekwa Kwezempilo

Ukuhloliswa kwezinhliziyo uma kukhona izimpawu ezibonakalisiwe ngesikhathi sokudla okuningi. Izinqubo zokwelapha ngokubhekana nokungcola kufanele zixoxiswe nomdokotela, njengoba kuchazwe kuSection 8, futhi kuzoqinisekiswa ukuthi zifanezelwe nendlela yakho kanye nanoma yimiphi iminye imithi oyithathayo.

Izinga lesi-3 — Ukulawula Uhlelo Lwesimo Sengqondo kanye Nokuguqulela Indlu.

- Ukwehlisa noma ukunciphisa ukufinyelela kumikhiqizo kungumsebenzi onempumelelo kakhulu lapha, ngoba ukutholakala kunomthelela omkhulu ekubuyiseni kabusha okuchazwe kuSahluko 1.
- Ukuphefumula kwansuku zonke kanye nokuzivocavoca okomile ngokusengeziwe—kuxhasa ukubuyela komdabu we-dopamine kanye nokulungiswa kokujula kwayo yonke inhliziyo ngemva kwamabhola amakhulu.
- Ukuhlela ngokucophezelele izindawo lapho kwenzeka khona ukudla okuningi (binges), ezifana nezinhlelo zokusebenza zokuxhumana ngezinto eziyisiduli (chemsex apps), izindawo ethile, kanye nabantu abathize, ngokushintsha okunguqulwe, hhayi nje imicabango.

Isigaba 10 — Ukwazisa Ngokushesha Kwengozi, Kusetshenziswa Kabusha.

⚠ ISIVIMBAMBE SEZOKUDLALWA KWEZEMPILO

Hamba ngokushesha esikhungweni sokwelashwa ngezimo eziphuthumayo uma ubuza: ubuhlungu obunzulu, ukushaya kwehliziyo okusheshayo noma okungalungile, ithuba eliphezulu kakhulu lobala lomzimba, ukugqwala, ukuvuvuka okukhulu noma ukukhathazeka, noma ukulahlekelwa kokuzwakaza—ngesikhathi somdlalo noma emahoreni ngemuva kwalo.

FUTHI, uma ama-opioids ayisetshenziswa: ukuphefumula okunengeziwe noma okuyekile, amaphaphu noma imifinu emnyama, ukungaphenduli—sebenzisa i-Naloxone uma iyatholakala bese ushayela u-112. Uma unomuzwa okhulu, ukukhubazeka, kanye nokulimala kokulala ngaphandle kwalokho okungenhla, lokhu kuyinto ejwayelekile ngokuhambisana nesikhathi esichaziwe kuSahluko 2, futhi ukuxhumana nomdokotela ngosuku olufanayo kufanele kwenziwe, kodwa akuyona into eyingozi kakhulu okudinga ukuya esikhungweni sokwelashwa ngezimo eziphuthumayo.

Isigaba 11 — Ishadi Lokuxhumana Lwephrothokholi Ephelele.

Uma lokhu kukufanele.	Bheka.
Ibhayoloji kanye nezinto zokudlala mayelana nokululama kwe-3-MMC.	Recovery Kernel — Indlela yokululama kusukela ku-3-MMC (umhlahlandlela oncedisayo).
Ukuxhumana kwe-methamphetamine.	Recovery Kernel - Uhlelo Lokuyekisa: I-Methamphetamine.
Ukuhlanganisa kwe-GHB/GBL/1,4-BD.	Recovery Kernel - Uhlelo Lokuyeka: i-GHB
Ukuxhumana kwezindlela zokwelapha ezinezinto eziyindlu.	Recovery Kernel - Uhlelo Lokuyekisa: Ama-opioidi.
I-cathinone yangokwenziwe synthetically ingaba yingozi kakhulu. Kungathinta ubuchopho, inhliziyo kanye nemithamo. Ungayisebenzisi. Uma uthole umuntu osetshenzisiwe i-cathinone engokwenziwe synthetically, thinta ushintshi lwasemtholeni.	Recovery Kernel — Umhlahlandlela Wokulwa Izinto Eziyingozi Ezisetshenziswa Ngenkuthalo.
Ukulungisa ukukhulelwa.	Incwadi Esikhulu - Uhlelo 09, Ubunjiniyela Bokulala.
Ukuguqulela indawo/ukunciphisa ukufinyelela.	Main Compendium - Iphrothokholi 05

Isigaba 12 — Ukuphela.

ISIKOTHI

Into esenza ukuthi kube nzima ukuphuma kwi-3-MMC akuyona into yokukotshwa ende, kodwa ukuthi idokotela yenzelwe ukwenza ukuthi "okunye" kube yinto elula kakhulu, kaningana, futhi cishe amahora. Ukuzwa lokhu njengendlela esebenzayo, hhayi njengengxenye yobuntu, kubalulekile kakhulu empilweni. Okulowo mbili, kufanele ulandele okubhalwe kuSahluko 6 noSahluko 9: ukuthola yonke imininingwane kumdokotela, ukushintsha izinto ezifinyeleka kalula, nokwakha impilo eneziphoqo zayo futhi ezinemivuzo yangempela — okuyinto i-3-MMC ayikaze ikhona.

UKUPHELA KWEMIDLALO - IPROTOCOL YOKUMISA UKUSETSHWA KWE-3-MMC:

Imithombo Yokunciphisa Umthelela Omubi—Akuyona Ukwelulekwa Lwezokudokotela—Akuyona Indawo Yokusongela Ukunakekelwa Kwezinzuzo.

Crisis Resources: 988 (Suicide & Crisis Lifeline, call or text) | Crisis Text: HOME to 741741 | SAMHSA: 1-800-662-4357